

VITAL SIGNS

VOL V No. 6

Naval Regional Medical Center, Orlando, Florida

1 April 1982

First class of '82

Clinical Assistants graduate



Flanked by Captain Fernald on left and Captain Fout on right, the new graduates are, left to right, front row: HM3 R. Rabon, HN L. Anderson, HN M. Bennett, HN R. Carleton, HN D. Holzschuh, and HA J. Wills. Back row: CW03 J. H. Moffett, PA, Director of the Program, HN D. Manning, HN M. Saiffer, HN T. Prieskorn, HA W. Stark, HN R. Essert, HN K. LaRue and the former Director, CW03 R. R. Woodruff.

On 16 March, the Naval Regional Medical Center, Orlando held a graduation ceremony for the first 1982 class of Clinical Assistants. The twelve graduates, as well as a representation of former graduates, heard Captain L. R. Fout, MC, USN, the Commanding Officer of NRMC, and Captain Lloyd Fernald, USN, the Commanding Officer of RTC, praise them for their endeavors and charge them with the solemnity of their new responsibilities. Singled out for special recognition were the two young ladies who tied for academic honors: HN Diane Holzschuh and HA Jackie Wills.

The present Director of the Clinical Assistant Program, CW03 John H. Moffett, Physician Assistant, USN, guides his students through a five-week training program. The program is designed to train the hospital corps personnel to function in the primary care contact area as a general entrance-level screener, triage interviewer, and limited health care provider. The instruction for the CA classes is provided by various clinical disciplines which include Medical, Nurse and Medical Service Corps officers, Physician Assistants and various Technical Corps personnel under the overall supervision of the Director.

The CA duties include taking medical histories and determining priorities of treatment, performing limited physical examinations, and dispensing over-the-counter medications as directed by the CO.

Continued on Page 2



Captain Fout and CW03 Moffett with the honorwomen: HN Diane Holzschuh on left and HA Jackie Wills on right.

CA graduates (Cont'd from Page 1)

They are also involved in the preparation of X-ray requests, consultation forms to speciality clinics, and the preparation of prescription forms for the Medical Officers and the Physician Assistants. Under the supervision of the Medical Officer, they perform suture closures of minor lacerations following evaluation by a MC or PA.

The use of the clinical assistant in the health services system for recruits and active duty personnel is intended to facilitate the objective of providing high quality health care. The CA is utilized to assist the patient's entry into the health care system.

We're glad you're here

HR J. K. Allen from NSHS, San Diego
 HN A. S. Burke from PERSUPDET, Philadelphia
 HA T. Gongora from HCS, Great Lakes
 HR D. Haynie from NSHS, San Diego
 HM2 K. J. Hice from NAS, Whiting Field Dispensary
 HA K. T. Kelly from NSHS, Portsmouth
 HR J. A. Lamberton from HCS, San Diego
 HN E. Luhtanen from NSHS, Portsmouth
 HN M. Ramirez from HCS, Great Lakes
 HA J. K. Saadat from HCS, Great Lakes
 HM3 G. Stephens from NRMC, Oakland
 HA B. R. White from HCS, San Diego

Whoooizzit?

Do you know this staff member? The answer is on Page 8.

New Graduates**PO Indoctrination Course**

Captain Fout with the newest graduates from the Petty Officer Indoctrination Course: Left to right, front row: HM3 G. Baltazar, HM3 S. Swanson, HM3 R. Bautista, HM3 D. McKeag, HM3 R. South, HM3 W. H. Smith, and HM3 M. Cantalupo. Back row: Captain Fout, HM3 C. Nelson, HM3 K. Michael, HM3 B. Phillips, HM3 G. Stovall, HM3 T. Wallace, HM3 R. Parvati-kar, and HM3 P. Garcia.

American Red Cross

**Volunteer hours
for**

February - 1,749 1/2

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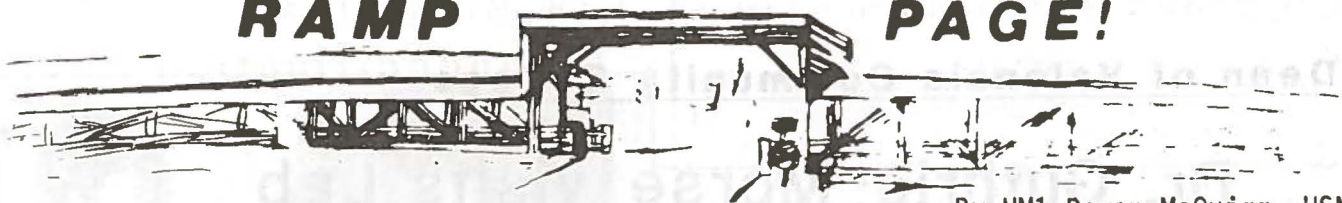
HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN I. R. FOUT, MC, USN
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RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

What do you think about Navy World Orlando?



ENS S. Stegall, CEC, Operating Management Svc: "I am enjoying the weather, friends and area. Looking forward to seeing as much as possible in the next two years."



HMC R. Reeder, Admin Ass't to DAS: "It's a great duty station. It's the only place I have ever been where I got the full use of my seabag."



HM2 K. Hice, HumResManSvc: "I think it's great and the surrounding area is the world's greatest adult playground!"



HM3 R. Parvatikar, Pharmacy: "Fun, discipline, education, training -- all in one!"



LT J. Musher, MC, Psychiatry Service: "The weather's great, the people are friendly and I'm looking forward to a professionally and personally rewarding tour."



CDR J. Young, MSC, Chief, RIF Optical: "The climate is great."

Dean of Valencia Community College

Dr. Guthrie-Morse visits Lab



Captain Fout, on right, and Captain Petit, Chief of Laboratory Service, welcome Dr. Barbara Guthrie-Morse to NRMCC.



Captain Petit explains the KDA Biochemical Testing Analyzer to Dr. Guthrie-Morse, on left, and Ms. Schafer.

The Naval Regional Medical Center Clinical Laboratory serves as one of the practicum training centers for the Valencia Community College Medical Laboratory Technology Program. Dr. Barbara Guthrie-Morse, Dean of Valencia Community College, and Ms. Rita Schafer, the Program Director, visited the Lab on Wednesday, 3 March, to observe their students in action.

We are delighted to have three Valencia students working with us at the present time, and one former Valencia student as an employee. The students spend about four months in a practical rotation course that takes them through the Hematology laboratory, Coagulation, Urine Chemistry, Clinical Chemistry, Nuclear Chemistry, Electrophoresis, Bacteriology, Mycobacteriology, Mycology, Parasitology, Serology, and some Immunohematology. At the completion of the program, they will receive an Associate of Science degree, and be eligible to take the Florida State Medical Laboratory Technologist Licensure examination.

We were very honored to have Dean Guthrie-Morse and Ms. Schafer visit our facility and see the Navy's newest and best equipped Laboratory. We are very proud of our academic affiliation with Valencia Community College and the role we are able to play in the training of high level technical personnel. The Graduates of the program, with roots back to NRMCC Orlando, are working in clinical laboratories and research facilities throughout Central Florida.

Persons interested in a career in laboratory medicine, are invited to come to our laboratory to see, first hand, what medical technology is really all about. If you like what you see, the Valencia program is an excellent way to get the necessary academic requirements.



Valencia student, Carol O'Keefe, working in the Microbiology Laboratory, shows Ms Schafer and Dr. Guthrie-Morse the appearance of a pathogenic microorganism growing in culture on blood agar media. The isolation and identification of the different types of bacteria that cause disease is one of the routine functions of the Microbiology Lab.



Ms Schafer and Dr. Guthrie-Morse observe student Beth Valentin at work in the Serology Laboratory. The types of testing done in this section include tests for venereal disease, mononucleosis, rheumatoid arthritis, and certain bacterial and viral diseases. In our operation, the Serologic testing is done in conjunction with the Blood Bank and Immunohematology work.



Student Rose Powell operates the Automated Cell Counter as Dr. Guthrie-Morse and Ms Schafer observe. NRMC has the absolute latest state-of-the-art hematology instrumentation for the students to learn with. The students are also taught the development of proficiency in a variety of manual testing methods as well. The well-rounded training program prepares them to be proficient Medical Technologists regardless of the type of equipment they may have available.



Vital Signs visits

Family Practice Service

... at NRMCC Clinic



HN Margaret Conner



CDR M. K. Murphy, MC,
Chief,
Family Practice Service



CDR Glenda DUNN, NC,
with patient



HN Mark Salzano



Shirley Stanton with ARC
volunteers, Shirley LaBonte,
on left, and Joan Stanley



Jane Smith

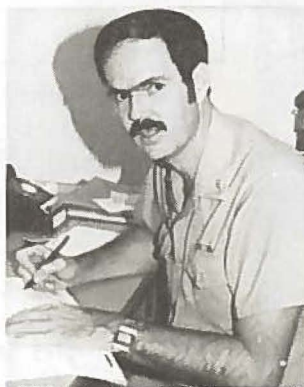
Eleanor
Stetson



LCDR Larry Johnson, MC



LCDR William Miller, MC



LCDR John Wilker, MC



HN Beverly Belote and LCDR Barbara
GOSS, NC

On the staff but not pictured: HM2 L. Johnson and HM3 C. Nelson.

... at NTC Annex Branch Clinic



Inell Baldwin, RN, and LCDR
Gerald Kivett, MC



Betty Sheffield



HM3 Jeannita Jenks with patient



Elizabeth Cochran



HM2 Tamara Scott,
Senior Corps Person



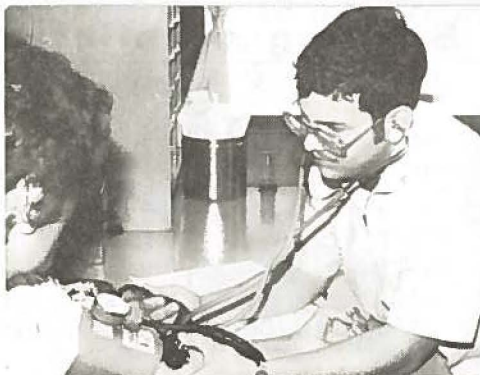
HN Julie Coggins with patient



LCDR Robert Beaty, MC



LCDR David LeFort, NC,
with patient



HN Ernest Martinez with
patient



HM3 Kathy Michael



LCDR Anilkuma Patel, MC, with
patient.



CAREER COUNSELOR'S CORNER

HMC Rex M. Reeder, USN

The Duty Preference Sheet

The Duty Preference Sheet, commonly referred to as the "Dream Sheet," is a vital link between you and your detailer. As you are probably aware, the detailers are extremely hard to contact by phone. The Dream Sheet is your input to the detailer with regards as to where you would like to go for your next tour.

"Well I'm not due to leave anytime soon" is a common response. No one at this command is safe from the computer! No one knows when the detailers are going to receive your name for transfer. For this reason, it is imperative that you take the initiative to contact me or your Senior Enlisted Advisor for assistance in filling out your Dream Sheet. The detailers are glad to receive your input -- that gives them the chance to try to give you one of your choices. Of course you must acknowledge that your failure to have a Dream Sheet on file, really makes the detailers the happiest because then they can assign you anywhere!

Whether you are a technician or general service, you need to have a current, within one year, Dream Sheet on file in the Bureau. It doesn't make any difference when you are due to transfer or get out -- do yourself a favor, take the five or ten minutes out of your schedule and fill out your Dream Sheet and let me send it to the Bureau.

It's your next assignment. Have some input -- fill out your Dream Sheet.



Chief Reeder
with his
Dream
Sheet

Florida Golden Gloves Welterweight Champion - Novice Division



HN Gregory Brown, USN, Emergency Room, receives congratulations from CDR Loar.

On 13 March, at the Curtis Hixon Hall in Tampa, Florida, HN Gregory Brown, USN, became the Florida Welterweight Champion of the Novice Division! The State of Florida Golden Gloves Tournament was held over a four day period: 10 - 13 March and HN Brown had four fights. He won the first, third and fourth by unanimous decisions. In the second, he scored a knockout at 1 minute and 39 seconds of the third round.

HN Brown started boxing only two months ago. His fight record, which enabled him to reach the finals of the Golden Glove Tournament, was 7 wins and no losses -- 3 out of the 7 wins were TKO's! Congratulations, HN Brown!

HM3 G. Bessing reenlists



On 4 March, LCDR G. L. Robb, MC, reenlisted HM3 G. Bessing for a period of 6 years. HM3 Bessing selected NRMC, Yokosuka, for his Guard III assignment.

NURSING

SERVICE

By LT Steven W. Tudhope, NC, USN

The lines of communication

In my everyday dealings with all staff throughout the hospital, I realize that there is one particular facet in all of us that we may sometimes take for granted or use improperly -- that is our ability to communicate effectively. Going back a few years and reflecting on some of the courses I took in preparation for nurses training, there was one general and basic theme, common in each course, which tied all of the courses together -- interpersonal communication. We communicate with people in so many ways: spoken words, written words, facial expressions, hand movements, body positions -- they all tell the story. However, so many times there's confusion or a break in our communication. Have you ever had the experience of talking or interviewing someone who told you that they felt relaxed, perfectly at ease, but are biting their fingernails, writhing around in their seat. This person is telling you one thing but their body movements are telling you just the opposite. That's confusing! Also, take for instance the children's game "Telephone" where 5 or more children are in a line, one end starts and whispers a story to the next and so forth until it gets to the end child, who says aloud the statement. The difference is sometimes staggering -- all because there was a breakdown in communication. What was said and what was heard and passed on had been changed. The more people involved, the more drastically changed the message can become.

In giving direction or instruction, we must become more cognizant of the messages that we are giving to those around us -- through body language as well as through our speech and written words. The use of effective communication skills enhances the patient-staff and senior-junior relationships. Be aware and make an effort to communicate effectively.

* * * * *

We're sorry you're leaving

CDR P. Clancy, NC, to NRMCL Port Hueneme	HM3 G. Newton to PCO NEW JERSEY
HN H. Houck to 3rd FSSG	HN J. Cayll to 3rd FSSG
HM3 G. Bessing to NRMCL, Yokosuka	HN M. Hillman to NSHS, Ports.
RP3 D. Brytowski on sep lv	HN W. Landix to 3rd FSSG
HM3 L. Smith, discharged	HN E. Roberts to NSHS, Ports.
HN D. Tharrington to 1st MarDiv, Camp Pendleton	HN H. Matheney to NSHS, Ports.
HN R. Calhoun to 2nd MarDiv, Camp Lejeune	HN J. Flick to 1st MarDiv
HN R. Ballard to 3rd FSSG	DT1 D. Hackett to NavHosp, Roosevelt Roads
HM3 W. M. Smith, RAD	HN D. Divilbiss to USS JOHN F. KENNEDY
HN J. Fredricks to 1st Marine Brigade	HN W. Robinson to AHS, Ft Sam Houston
HN H. Sabater to 1st MarDiv	HN D. Barker to 3rd FSSG
HN P. Armellino to 2nd FSSG	HN R. Brinkman to Det B, 2nd FSSG, Beaufort
HN F. Pridgen to 1st Marine Brigade	HMC B. McNamer to NRMCL, Subic Bay
HN M. Watson to 2nd MarDiv	HM3 T. Artman to 2nd FSSG
HN M. Bordwell to 2nd FSSG	HN A. Schepis to AHS, Ft Sam Houston
HN J. Warren to 1st MarDiv	

A visit from the Deputy Director, Nurse Corps



Captain Nickerson with Captain Steinocher

Captain Anne M. Steinocher, NC, USN, the Deputy Director of the Nurse Corps and the Senior Nurse Corps Detailer, visited Orlando on Friday, 26 March.

Our NRMCL was Captain Steinocher's last stop on her detailing itinerary. The Florida sunshine was all the more beautiful for the Captain especially when she knew it was snowing and sleeting in D.C!



Daylight Savings

Time

25 April

CHAPLAIN'S COMMENTS

By LT J. L. Doss, CHC, USNR

A greater power -- love

Many years ago, there was a very exclusive club at the Metairie Race Track in New Orleans, the Metairie Jockey Club. One particular gentleman became so angry at being refused membership in the club, that he vowed to turn it into the "deadest place in New Orleans." His plan, fueled by his hatred, took several years to carry out; but ultimately he held title to the land on which the Metairie Race Track and Jockey Club stood. The track was closed and the land became a cemetery.

Today, a visitor to New Orleans can see the Metairie Cemetery alongside the Pontchartrain Expressway.

How awesome is the power of hatred! But there is a still greater power in the world - the power of a loving concern. Whereas hatred has the power to tear down and to destroy, love has the power to edify and to strengthen.

Love has the power to overcome the evil of hatred. That that is true was proved to us by God through his Son, Jesus Christ. It requires effort; it requires determination; it requires sacrifice, all for love's sake.

Everyone must be committed to something - are you committed to edification or demolition?

Let us purpose to change hearts, change homes, change cities, and change the world for the sake of Him who first loved us.

* * * * *

Start anew

Mend a quarrel; Seek out a forgotten friend; Dismiss suspicion, replace trust. Write a letter of love; Share some treasure. Give a soft answer; Encourage youth. Keep a promise; Find the time; Forgive an enemy. Listen. Laugh a little; Laugh a little more. Go to church. Deserve confidence. Appreciate. Show loyalty. Pray.

Author unknown

Brand new "Four-strippers"



Captain Fout with CAPTAIN Robert Gold, MC, USN, and family: Son, Michael, on left, wife, Judy on right, and Samantha and Jonathan in front.



Captain Fout and Mrs. Donna Daniels place the new shoulder boards in place for CAPTAIN Robert K. Daniels, MC, USNR. The Daniels' children are: Robert (next to mother) and in front, Kimberly, Shannon and Brian.



CAPTAIN Patrick Coleman, MC, USN, gets his new shoulder boards from Captain Fout and his daughter, Ginny.



Captain Fout and Captain Nickerson assist new CAPTAIN Darby Reynolds, NC, USN, with shoulder boards.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Uniform appearance

Prescribed uniform requirements are well defined in Uniform Regulations and further delineated by lower echelon commands and ultimately by our commanding officers in the form of instructions and notices. Specific seasonal uniform periods are prescribed such as the winter uniform period and the summer uniform period. Commanders and commanding officers may prescribe specific uniforms for ceremonial occasions and inspections. It is a command requirement to advertise and promulgate uniform requirements.

It is the responsibility of each member to maintain adequate uniforms in a good state of repair and appearance for use when prescribed. The pride with which we wear our uniform is reflected in many ways. There can even be monetary rewards for outstanding uniform appearance when reflected in Enlisted Performance Evaluations and Officer Fitness Reports. Selection for advancement and promotions is predicated by high standards of performance. One who takes pride in the wearing of his uniform, maintaining good grooming standards, and demonstrating a positive attitude towards the Navy, the command, and himself, sets a high example for all others to emulate. Some of the benefits of these attributes are increased efficiency, work performance, and job satisfaction. I challenge each member of the staff to be the very best in their particular peer group. Prepare yourself each morning by looking in the mirror and saying, "I am the best..... at Naval Regional Medical Center, Orlando and in the U. S. Naval Service."

Respect yourself and your service --
let that respect show in your uniform!



Command Master Chief Feature

Meet another of our Enlisted Advisors



HM1 Elizabeth Waddell, USN

HM1 Waddell is assigned to the Laboratory Service at the NRMCM Annex. Petty Officer Waddell reported aboard in March, 1981 and has eleven years of Naval Service. She is the Enlisted Advisor for the following personnel:

HM3 M. Barnett, HM3 R. Bautista, HN H. Becerra, HM2 R. Beers, HM2 W. Bell, HN B. Belote, HM1 M. Bennett, HN M. Bennett, HN M. Bevins, HM2 B. Billingsley, and HN R. Blanton.

Dorothy Johnson bids farewell



Dorothy Johnson, from the Housekeeping Service, retired 12 March with over twenty-four years of Federal Service. Dorothy worked for the Air Force at this hospital for almost 11 years and in July 1969 she returned to work for the Navy. Dorothy received a Letter of Appreciation from the Commanding Officer for her many years of outstanding service. Our best wishes for a happy retirement go with Dorothy and her husband, "J. J."



CAPT Fout's Skipper - gram

Now hear this!

With the end of the First Quarter of 1982, our Selection Committees for two of our Enlisted Awards have been very busy. They have just made their selections and I have the pleasure to announce who they are!

The Sailor of the Quarter, First Quarter, is HM2 Lynne Barber, USN, Patient Affairs Service. Petty Officer Barber's professional knowledge and technical competence make her one of the top second class petty officers of this command. Her pride in being a member of the U.S. Navy is exemplified by her personal conduct and military appearance.

The Blue Jacket of the Quarter, First Quarter, is HN Richard J. Holley, USN, Central Processing and Distribution, Fiscal and Supply Service. HN Holley's outstanding performance, impressive military bearing, exemplary conduct, and devotion to duty have enhanced this command and have provided an example for all hands to emulate.

A Commanding Officer can't reach each person in the command to give them a pat-on-the-back for their efforts but I want you ALL to know that I think you are doing a super job and I am proud of you!

Sailor
of the Qtr



HM2 Barber

Blue Jacket
of the Qtr



HN Holley



CRA

NOTES

By Joyce Sienia



Captain's Call

There was a Civilian Captain's Call on 16 March where a variety of questions were submitted. Here are a few items that were discussed:

Time clocks - the survey that was conducted reflected that 80% of the staff did not like the idea of time clocks. So, for the present, they will not be used.

Standardization of work/school absence form for patients - consideration will be given to standardizing the form used in Acute Care Clinic and make it available for all clinics.

Staff parking - there are plans for an additional staff parking lot at the Emergency Room side of the building. However, it might be 18 months to 2 years away.

On-site Civilian Personnel Representative - it was announced that NRMC will have a CivPers representative on board every Wednesday morning from 9 - 12 a.m. for the convenience of the staff.

CRA BIRTHDAY GREETINGS TO: Wilson Maddox on 3 Apr; Coke Berryman and Jeanne Garrison on 4 Apr; Cheryl Lawson on 7 Apr; Harry Belch on 11 Apr; Regina McKelvy and Herminda Pausal on 13 Apr; Samuel Wilson on 20 Apr; Frances Hodges on 23 Apr; Linda Proffitt on 24 Apr; Shelia Davis on 25 Apr; Shriley Briden on 26 Apr; and Blondeen Hammonds on 27 Apr.

Whoooizzit

It's HM3 Thomas A. VanPelt, USN, Human Resource Management Service. HM3 VanPelt has been at this Command since October 1980 and, in addition to HRMS, has served with Nursing Services and as the Captain's Driver. Petty Officer VanPelt served aboard the USS BLANDY (DD-943) before attending Hospital Corps School. Petty Officer VanPelt hails from Farmingdale, New Jersey.

